



## **The Tracking Program**

**Tracking is fun and easy, and it's a great way to get into freeflying. This program is designed to teach someone how to track safely with a group either on their belly or on their back.**

# Belly Tracking

## **Is the Basic Body Position for Freely Tracking Any Different?**

The Basic body position for belly tracking on freely tracking dives is very similar to what you learned in the student program, only your goal is to stay near the leader rather than to track as fast and as flat as possible, so it may feel a little less aggressive. Ideally, you probably want to have a little room left to accelerate. This can be accomplished by extending your legs to only 80% or so, just enough to stay where you want to be relative to with the leader. You might also find that you're keeping your arms a little more straight out to your sides instead of swept all the way back.

## **How Do I Turn?**

Tracking turns are very intuitive. Drop the arm on the side that you want to turn towards, and raise the other arm slightly. Imagine a kid pretending to be an airplane turning left and right. You can also track harder with the leg on the opposite side of your body. For example, to turn left extend the right leg more.

## **How Do I Move Forward?**

Go max track, much like you do at breakoff. Extend your legs fully and point your toes. Sweep your arms back to your sides. Don't think about pushing down on the air so much as extending your feet and hands as far away from your shoulders as you can. There's also a more headdown style of belly tracking. You can spot it when the tracker has really wide legs and a low head as opposed to the more RW style of tracking where the legs are together and there's a distinct belly arch. The headdown style feels more like you started out leading a headdown flocking dive, and you've flattened all the way out to your belly while maintaining a headdownish stance. My seriously unscientific study has caused me to believe that this position seems to have more potential for forward movement, but the RW style should be just fine as well.

## **How Do I Move Backwards?**

Make something closer to a true neutral belly fly, but be ready to start tracking again at a moments notice.

## **How Do I Move Downwards?**

Arch hard.

## **How Do I Move Upwards?**

Flatten out completely. Be straight as a board and roll your shoulders. Don't look up right in front of you. Fly off to the side so that you can look up sideways. Be very stiff.

# Back Tracking

## **What is the Basic Body Position?**

Lay on your back relaxed, and then slowly flex your quadriceps to extend your legs and point your toes. Hands can be wherever they're comfortable, but keep them beneath your shoulders. Save a little room for acceleration.

## **How Do I Turn?**

Same as belly tracking. Drop the arm on the side that you want to turn towards, and raise the other arm slightly. You can also track harder with the leg on the opposite side of your body. For example, to turn left extend the right leg more.

## **How Do I Move Forward?**

Get your hands and feet as far away from your shoulders as possible.

## **How Do I Move Backwards?**

Make something closer to a true neutral backfly (90 degrees at the hips, 90 degrees at the knees), but be ready to start tracking again at a moment's notice.

## **How Do I Move Downwards?**

Raise your hands and feet up a little bit. Or, if you're behind and above, you can drop your head a little bit like a headdowner following a flocking dive.

## **How Do I Move Upwards?**

Stiffen your legs completely, and make a T with your arms. Get your hands and feet as far away from you as you can, and arch. This may also cause you to move forward relative to the tracking dive because it's very similar to forward movement. If you need to correct for that, spread your legs, and raise your arms over your head a little, but keep them stiff and arch.

# Coached Tracking Dives

## **Tracking Dive 1: Coach Leads on Back**

Student flies belly and tries to build a line or pick up a foot. Coach maintains a steady fall rate and a healthy forward speed. The student might also be interested in working on barrel rolls.

## **Tracking Dive 2: Student Back Tracks**

Student attempts to back track, coach flies over top of student videoing and giving instructions. If the heading gets crazy, the student rolls to belly, gets pointed in the correct direction (perpendicular to jump run), and rolls back over to begin again.

## **Tracking Dive 3: Coach Lays a Belly Track Base**

Student backtracks and tries to build a line or pick up a foot. This is for students who are already pretty good at backtracking and want to work on flying it more precisely such that they can backtrack with dives even when they are not the leader.